

MINUTES

1. Welcome & Introductions - Attendees

Chair: Sharon Rhyne, DPH CDIS (Chronic Disease & Injury Section)

- Amber Chapman, Family Caregiver and Health Promotions Specialist- High Country Area Agency on Aging
- Audrey Edmisten, NC Division of Aging and Adult Services (DAAS)
- Angela Beamer-Ratliff, Novant Health, Inc.
- Donnie Smith, PT/OT Director at Murdoch Developmental Center
- Divya Venkat, UNC Chapel Hill MPH student- WNCFPC student intern
- Ellen Bailey, NC Center for Health and Wellness (NCCHW)
- Ellen Schneider, UNC Chapel Hill
- Glen Newman, PT, MPH, Vidant Medical Center in Greenville, NC
- Glorina Stallworth, NC DPH, IVPB (didn't stay beyond introductions or first several minutes)
- Ingrid Bou-Saada, NC Division of Public Health, Injury & Violence Prevention Branch
- Jason Franz, UNC Chapel Hill and NCSU
- Janice White, NC Division of Public Health, Injury & Violence Prevention Branch
- Jodie Kawa, National Ataxia Foundation Support Group Leader and Ambassador
- Julia Burrowes, Centralina Area Agency on Aging
- Kelly Cahill RN, Lower Cape Fear LifeCare Wilmington
- Kelly Blasky, Charlotte AHEC
- Lori Schrodtt, WCU
- Martha Zimmerman, PT, MA Ed, WNCFPC Co-Chair and APTA NC Falls Prevention Special Interest Group Co-Chair
- Mary Hall, Vidant Medical Center/ ENC Falls Prevention Coalition
- Michael McGregors, Genesis Rehab and hokiemcgregor@gmail.com
- Megan Edwards Collins, Winston-Salem State University, Occupational Therapy
- Meredith Spell, Novant Health New Hanover Regional Medical Center, Injury Prevention Coordinator, Cape Fear FPC chair
- Morgan Wilson, NCCHW
- Nicolle Miller, NC Center for Health and Wellness at UNC Asheville (NCCHW)
- Norman Franklin, Injury Prevention Specialist, NC Dept. of Insurance, Office of State Fire Marshall
- Rebecca Freeman, NCDAAS
- Sara Migliarese, PT, PhD, Neurologic Clinical Specialist, Winston Salem State University
- Sarah Illes, Geriatric Occupational Therapist



- Selena Royal, DAAS
- Shana Geary, NC DPH
- Sharon Rhyne, NC DPH Epidemiologist
- Steph Gans, NC DPH, stephanie.gans@dhhs.nc.gov
- Tina Craven, MPH CHES- Project Coordinator with NC Division of Aging and Adult Services
- Toni Chatman, Associate Director of Oral Health and Allied Health Education, Wake Area Health Education Center (AHEC)
- 1 unidentified phone number

2. **Research: Dr. Jason Franz**

The Applied Biomechanics Lab at UNC Chapel Hill is looking for volunteers to take part in a research study (IRB#20-0555) to understand the neuromuscular determinants of balance impairment in falls in older adults. The experiment involves some overground and treadmill walking tests that simulate walking balance challenges common in the community. We will measure body motion and muscle activity.

All experiments are completely non-invasive and have been approved by the University of North Carolina at Chapel Hill Institutional Review Board (919-966-3113, IRB_subjects@unc.edu).

To take part you must:

- Be age 18-35 or older than 65 years
- Be free of leg injury or fracture
- Be able to walk comfortably without an assistive aid (e.g., walker, cane)

We are looking for older adults with and without a history of falls for this study. Experiments will consist of visiting our lab twice for up to 3 hours each. Subjects will be compensated for their time and for any parking expenses.

For more information, please contact:

Dr. Jason Franz

Department of Biomedical Engineering

UNCABLstudies@unc.edu (Phone: 919-445-2331)

SHARE STUDY FLYER [HERE](#)

3. **Presentation:** “Breathe Easy and Stay on your Feet: Becoming Tobacco Free & Preventing Falls”;; Presenter: Stephanie Gans, LCAS, MSW, NCTTP, Tobacco Treatment Specialist, Division of Public Health

Presentation PDF link [HERE](#)

- Smoking is a shared risk factor for falls and a number of other diseases and conditions as noted earlier in the chat. By reducing smoking, we can reduce the risk of falls, cardiovascular diseases, diabetes, vascular dementia, osteoporosis, etc. Thinking about shared risk and protective factors also expands our potential partner network compared to a sole focus on falls.



4. Falls Prevention Awareness Week

- a. See PDF of Meeting Notes [HERE](#) for details.

5. Action Plan Implementation

Transition to Small Groups/Breakout Rooms

We need all hands on deck to be FALLS FREE NC and implement this comprehensive action plan! Please consider joining a small group and inviting members of your regional coalitions if you haven't already done so.

Reminders:

Next Action Plan Small Group Meeting will be Wednesday, October 13, 2-4 pm.

Next NCFPC Quarterly Meeting will be Wednesday, November 17. 2-4 pm.